CITIZEN SAM'S ECODENSITY LIVES ON, PG7

The world's largest global newspaper
metro®
VANCOUVER • MOND 09
metronews.ca

Celebrity Buzz

Travolta's faith 'deeply shaken'?

pg 14

Sports pg 9

Contador claims his second Tour

Arbitration for Via Rail, union as service resumes

STRIKE Via Rail resumed some passenger service late yesterday after a two-day strike.

Full service is expected to resume this morning, much to the relief of passengers stranded across Canada.

Via Rail and the union representing locomotive engineers said they had agreed to start binding arbitration.

Daniel Shewchuk, president of the Teamsters Canada Rail Conference, said the union agreed to go for arbitration after seeing that "there was no possible agreement in the short term."

Layoff notices sent to support workers after the strike started have been cancelled. **REUTERS**

Local pg 3

Cause of whale's death inconclusive

Entertainment pg 13

Filmmakers hit Comic Con

Please recycle

Virgin fest **Shimmer & Shine**

KRISTEN THOMPSON/METRO VANCOUVER

Virgin Festival headliner and Grammy Award-winner Ben Harper performs yesterday at Deer Lake Park in Burnaby. Harper's set was the culmination of the two-day event that featured 24 bands on two stages. Coverage, page 2.

No help for man beaten on camera

Need more SkyTrain security: NDP

JEFF HODSON
jeff.hodson@metronews.ca

B.C.'s New Democrats called for better monitoring of transit security cameras after a Canada Post employee jostled with a robber for "four to five minutes" in full view of cameras and no help arrived.

Ravinder Sidhu had his glasses broken and suffered bruises and a sore elbow when he was robbed on the platform at Surrey Central SkyTrain Station at 1 a.m. on July 15.

"This is totally outrageous," Sidhu said. "What if I had been knocked unconscious or been stabbed?"

Sidhu was on his way home from work where — coincidently — earlier in the day he and other employees had received a briefing on SkyTrain safety.

His bus had not arrived at the loop below the station, so Sidhu sat on one of the platform benches and began to rearrange his bags.

That's when a man came up to him, asked him for a cigarette and then robbed him.

"I was tackled by this robber," Sidhu said. "I was jostling with him on the ground for roughly four to five minutes. I was yelling 'help, help, help' all the time and not one person came to my aid."

JEFF HODSON/METRO VANCOUVER

NDP transportation critic Harry Bains, left, and Ravinder Sidhu yesterday at Surrey Central SkyTrain Station.

It was only after the man had scampered off — with Sidhu's watch and his newly purchased universal remote control — that Sidhu was able to call for help on a security phone.

Yesterday, NDP transportation critic Harry Bains repeated his call for more police on SkyTrain and for the continual monitoring of security cameras.

TransLink spokesman Ken Hardie said having transit police staffing every station or having people watch each of the 900 cameras would be "an enormous waste of resources" at a time TransLink is drawing down reserves to fund the system.

ShareYourViews
vancouverletters@metronews.ca

Tsunami of heat holds no relief

This week's expected heat wave is starting to look more like a heat tsunami.

The temperature is forecast to hit 31 C in Vancouver today, but according to the Weather Network it'll feel like 41 C when the relative humidity is factored in.

If at the end of the day you notice you're running low on sunscreen, it's a good idea to pick up some more on your commute back because tomorrow is going to be another scorcher.

The temperature is again expected to hit 31 C with a humidex of 39 C with no respite the following day.

Wednesday is forecast to feel even hotter with the mercury reaching 31 C and expected to fell like 42 C.

Thursday and Friday will be slightly less hot, with highs of 29 C and a humidex of 38.

On Saturday, finally, isolated showers are forecast to cool this hot city down. **METRO VANCOUVER**

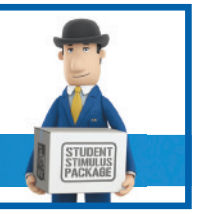
Nothing lukewarm

- The humidex measures how outdoor air is expected to feel. It combines relative humidity and actual temperature.
- It's the opposite of windchill, which is used in the winter to measure temperature while taking into account the cooling effect of wind.

RBC

Every day we're giving students $1000*.

Open a free or unlimited student banking account[1] today and you'll be automatically entered to WIN* a $1000 cash prize.
Visit a branch today. **rbc.com/windaily**



CREATE A BETTER STUDENT LIFE

RBC Royal Bank®

*No purchase necessary. Contest runs from July 15, 2009 to October 31, 2009. Draws begin August 4, 2009. Winners will be announced daily starting August 7, 2009 for 92 days. For full Contest rules and how to enter without purchase, please visit www.rbc.com/stimulus/rules. [1] No monthly fee. 25 free debit transactions a month and a no annual fee credit card. Unlimited refers to the RBC No Limit Banking for Students® account which provides unlimited monthly debit transactions. For full product details visit www.rbc.com/student. ®Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Two new pieces in environmental art project

The Vancouver Park Board will unveil this morning two new pieces in its ongoing environmental art project. K'aycht'n!, located near the totem poles, is a series of carved nurse logs. Entwined, located near Lumbermen's Arch, is a 10-foot braid of cedar bark. METRO VANCOUVER

Local

Calling Aerosmith fans

Rock legends Areosmith are holding a contest for a fan to open their Vancouver concert. The winner will play Guitar Hero: Areosmith on stage before the show and meet Steven Tyler, left, and Joe Perry. The winner will also receive two tickets to the concert. For information on how to enter, visit aeroforceone.com. METRO VANCOUVER

Virgin Festival fans rock — despite weather

Saturday's rain washes out final act

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Around 15,000 music lovers braved a weekend of extreme weather at the Virgin Festival in Burnaby to catch rock greats such as Ben Harper, Sonic Youth and Metric.

Saturday night's final act, the Roots, were rained out after a massive thunder and lightning storm closed down the event, but yesterday started with sunshine and hot weather that peaked at around 30 C.

Andrew Bridge, director of Virgin festivals, said the fans made the event great because they were so easygoing, just like they were in 2007, the last time the festival was in town.

"It was freezing and raining last (festival at Thunderbird Stadium in 2007) and the fans brought it," he said. "Fans from B.C. are great."

PHOTOS BY KRISTEN THOMPSON/METRO VANCOUVER

Clockwise, from left: Sonic Youth fans await the band at Deer Lake Park yesterday; Emily Haines, lead singer of Metric; Sonic Youth's Thurston Moore; and eight-month-old Ava McGinley.

Free passes

- Concertgoers who only bought tickets to Saturday's show were given free passes to yesterday's event, too.
- The Roots have agreed to return to Vancouver, and Virgin ticketholders who missed their set will get free passes.

Bridge said it was special to see Jarvis Cocker perform, since he was with Pulp when they performed at the first Virgin Festival in the United Kingdom 14 years ago.

"He's one of the creators of what we had (yesterday)," he said.

Jada Ste. Marie of Vancouver was at the show on Saturday and yesterday, and said she was most excited to see Metric.

"It's just nice to be outside," she said, adding that she kept cool by dousing her feet with water and staying still.

Four hurt after lightning hits tree

STORM Two adults and two children were injured after lightning struck a tree in Golden Ears Park on Saturday night.

The incident occurred at 7:30 p.m. on the Gold Creek Campground during the electrical storm that swept across the Lower Mainland. The lightning bolt hit the tree, travelled down, disabled two cars and injured the two children and two adults.

A man, 36, and a woman, 35, were taken to hospital with non-life-threatening injuries. The children, aged 7 and 8, remained supervised at the campsite. METRO VANCOUVER

metronews.ca
What's online today.

Video Aboard the International Space Station, Julie Payette talks about preparing to return to Earth at **metronews.ca/canada**

Terrace Mountain fire now half contained

KARL YU
for Metro Vancouver

BLAZE The Terrace Mountain wildfire near Kelowna, which spans about 4,500 hectares, is 50 per cent contained.

About 1,000 people are still under evacuation orders, and another 1,200 people who returned home Saturday remain on short-notice evacuation alert as firefighters continue battling the blaze, which burns despite heavy rain on Saturday night.

Earlier on Saturday, a water bomber assisting with the fire-fighting effort crashed into Okanagan Lake. The pilot was rescued by an RCMP boat and suffered minor injuries.

Witnesses told reporters that the bomber's landing gear was down as it attempted to gather water from the lake.

More than 300 firefighters, 89 pieces of heavy equipment and 16 helicopters are battling the Terrace Mountain fire.

Other fires

- The fires in the Glenrosa and Rose Valley Dam areas of West Kelowna have been contained.

DNA from sex assault of six-year-old linked to other cases

CRIME DNA evidence collected after a six-year-old Surrey girl was sexually assaulted has been linked to two other sex assaults.

Investigators, however, don't know who the DNA belongs to because it does not match any of the profiles in Ottawa's National Data Bank.

"Police felt compelled to release this information … so that parents may take whatever steps they deem appropriate to protect their children," RCMP Sgt. Roger Morrow said in a statement.

On July 3, a six-year-old girl, her 12-year-old brother and his 15-year-old friend were walking home when a man confronted them and ordered them to go into a nearby wooded area. The girl was separated from the boys and sexually assaulted.

Mounties have linked this assault through DNA evidence to another in Delta in 2007 and to one in Vancouver in 1995.

"In each of the three assaults, this individual either brandished or threatened the use of a knife," Morrow said. METRO VANCOUVER

Dead sex worker is city's 15th homicide: Police

BODY A woman whose body was discovered floating in the Fraser River is Vancouver's 15th homicide, police said.

The 41-year-old, identified as Lisa Arlene Kireche, was a sex-trade worker living in the Downtown Eastside, according to Const. Jana McGuinness.

She was last seen on July 10 and was only reported missing to police seven days later.

The body was discovered on Thursday night by a man walking along the shore of the Fraser River near the 9100 block of Bentley Street.

McGuinness said a dozen investigators have been working on the case since the discovery of the body.

Police also released Kireche's photo in an effort to generate calls from the public to determine her last activities before she went missing. METRO VANCOUVER

News in brief

WILDFIRES The electrical storm that passed through coastal B.C. on Saturday caused more than 30 new wildfires in the Squamish-Pemberton Corridor and 10 from Manning Park to West Vancouver.

STABBING A 20-year-old woman died in hospital after being stabbed Saturday morning, according to Powell River RCMP. Emma Megan Wilson was injured in a fight with another woman.

DEATH An 80-year-old woman was found dead in a Burnaby park Saturday morning, news1130.com reports. A passerby found her and called the police. The cause of death is unknown.

FIGHT A man is in stable condition in hospital after being stabbed in a Burnaby home, news1130.com reports. The stabbing occurred in a fight among 20 people; five were arrested. METRO NEWS SERVICES

Environment minister urges water conservation

Environment Minister Barry Penner is urging British Columbians to conserve water. A combination of below-normal snowpack accumulations this winter, and a dry, hot spring and summer have resulted in low streamflow conditions for most rivers in the province's southern interior and south coast. METRO VANCOUVER

Sea garbage a threat to animals: Activist

Rain helps to wash away left-behind trash after HSBC Celebration of Light over weekend

KARL YU
for Metro Vancouver

While crews clean perform a morning cleanup of garbage left on the sand after the HSBC Celebration of Light, a significant amount of it ends up in the sea.

Christianne Wilhelmson, managing director of the Georgia Strait Alliance, said that garbage is a threat to marine life.

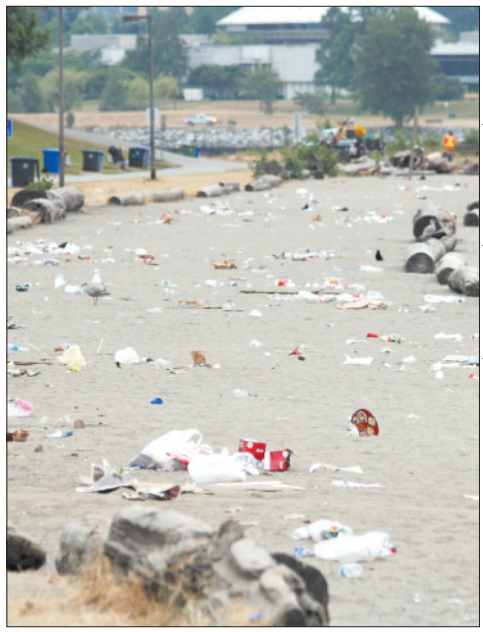
"Everything from plastic bags to bits of plastic that animals don't realize aren't food, over time these things break down," Wilhelmson said.

"They get into small enough pieces and animals can swallow them, and they can literally die with their bellies full of garbage."

While a electrical storm kept crowds in check on Saturday night, the rain helped wash garbage into the ocean.

Wilhelmson said that even cigarette butts are harmful. "Animals know what they want to eat but sometimes they may go for something and a cigarette butt is next to it and they'll chomp on it," she said.

"It's not that they're stupid animals, they're obviously highly in tune with their environment, but little bits of (garbage) might look like a fish or algae or whatever their food source is."



PHOTOS: LEFT BY KARL YU/FOR METRO VANCOUVER / RIGHT BY JEFF HODSON/METRO VANCOUVER

Right: Garbage litters First Beach after the 2008 fireworks show. Above: English Bay beaches were strewn with garbage again this Saturday night after the HSBC Celebration of Light.

Cause of death inconclusive after necropsy on fin whale

DANIEL TAM
for Metro Vancouver

DEATH The 20-metre-long fin whale impaled by a cruise ship underwent a necropsy yesterday; however, analysts have yet to discover if the ship killed the whale or if it was dead prior to being hit.

"Tissue samples will have to be analyzed so it'll be a while before we can determine what the cause was," said Paul Cottrell, marine mammals co-ordinator for the Department of Fisheries and Oceans.

The whale was found dead and lodged onto the bow of a cruise ship early Saturday morning, drawing hundreds of spectators to the Port of Vancouver.

Species on brink

• The fin whale is an endangered species, with less than 30,000 remaining in the world.

Princess Cruises, which owns the Sapphire Princess, said they believe the ship hit the mammal somewhere between Alaska and the north end of Vancouver Island.

"We were shocked and saddened by this discovery."
Statement from Princess Cruises

"We were shocked and saddened by this discovery," Princess Cruises said in a news release.

"We take our responsibility to be good stewards of the marine environment very seriously, and have clear guidelines for our ships on how to operate if whales are sighted nearby, which include altering course and reducing speed as required."

Cottrell said that the carcass will be buried at sea.

'Vancouver House' showcase to be moved over security concerns

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

RELOCATED Concerns over the cost of security mean the city's showcase exhibition "Vancouver House" will not be held in the main branch of the Vancouver Public Library during the 2010 Games as had been planned.

According to a report to council tomorrow, Vancouver House, "a major pillar" of the city's 2010 Olympic celebration program, will instead be moved to the LiveCity site, at Georgia Street.

Among the reasons for the move are the complexity and significant costs of security to house the exhibition in the library's atrium.

Moving to the LiveCity site should mitigate the risk of cost overruns and decrease the operating and security costs.

News in brief

PRIVACY B.C.'s Information and Privacy Commissioner is upset that some bars are still scanning driver's licences. David Loukidelis has invited Barwatch, TreoScope and others to explore alternatives.

SEIZURE Police seized a pellet gun and bear spray after a report of a man firing a handgun in the air from an apartment during the HSBC Celebration of Light. Police conducted 265 liquor pour-outs, five alcohol seizures, seven drug seizures, arrested four drunks and responded to three assaults.

HOUSING Vancouver's city council's debate around laneway housing continues tomorrow. The initiative is meant to increase housing affordability and rental options.

PNE The 2009 Pacific National Exhibition is set for the largest lineup in 99 years after receiving $1.4 million from the government's Marquee Tourism Event program.

METRO NEWS SERVICES

LASIK MD
VISION
LASIK Now.
Take Until
2014 to Pay!
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
NEW FINANCING
2014
TAKE 5 YEARS TO PAY!†
FREE Consultation: 604-639-8088 • www.lasikmd.com
VANCOUVER: 1281 West Georgia St.
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
† 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.

Feds promise to assert Arctic sovereignty
The federal government has promised to assert Canada's sovereignty over its resource-rich Arctic lands and waters while it addresses the need for jobs, housing and a clean environment in the North, CBC News Online reports. METRO NEWS SERVICES

Canada

Google scans northern cities

Search engine Google dispatched some unusual-looking cars, with a large amount of camera gear on top, to roam — and photograph — the streets of Yellowknife and Whitehorse last week, CBC News Online reports. The images are linked to the company's Google Maps and Google Earth applications. The Canadian version of Street View is "coming soon," according to the service's website.
METRO NEWS SERVICES

Recession's projected end a boon for Tories

Bank's forecast suggests 'plan is working': Flaherty

If Prime Minister Stephen Harper and his fellow Conservatives look a little relieved this week, they can thank Mark Carney for lifting their spirits — and perhaps their political fortunes.

With his prediction that the recession is nearly over, the Bank of Canada governor served up some welcome good news just in time for this week's Conservative caucus retreat.

His forecast is sure to prompt some back-patting as Harper and his MPs take credit for the emerging turnaround. Finance Minister Jim Flaherty began the boasting last week when he declared that the economy is "stabilized" and that growth was around the corner.

> **"It's easy to throw down the gauntlet when the economy is doing well."**
> Pollster Nik Nanos

"All of these are good indicators that the plan is working and we're seeing the beginning of economic recovery," Flaherty said, adding that he expects Canada to emerge from the recession stronger than the United States.

Still, the mood of Wednesday's Conservative retreat is unlikely to match the bullish atmosphere of last year's caucus session, when Harper taunted Stéphane Dion, then the Liberal leader, to face him in the polls.

"I think we're probably going to see a caucus meeting that is much more grounded in the sense that the downturn in the economy has really cast a pall over everything ... It represents a significant political risk," pollster Nik Nanos said. "It's easy to throw down the gauntlet when the economy is doing well."
TORSTAR NEWS SERVICE

Halifax **Metro shows some pride**

RYAN TAPLIN/METRO CANADA

Metro Halifax celebrated the Halifax Pride parade on Saturday by having Metro paraders participate, and by hosting a Metro chilling tent.

Web classifieds used to lure victims

CRIME Online classified shoppers trawling for deals on iPhones are being targeted by armed thieves in the Toronto area.

In three incidents this month, victims answered ads posted on Craigslist and Kijiji, exchanged numbers and email addresses with the seller, then arranged to meet. The victims were robbed of between $400 and $600.
TORSTAR NEWS SERVICE

Looking for gender equality

NEW BRUNSWICK This week, Lisa Merrithew, who served as deputy chief of staff to former premier Bernard Lord, started a small revolution in New Brunswick for an old cause — more women in politics.

Merrithew looked at the dismal numbers in the New Brunswick legislature: only seven MLAs among 55. That's just 12 per cent — roughly half the percentage in the House of Commons. She sent out her very first message on the Twitter social network, saying she was going to do something about it.

By week's end, more than 100 men and women had been in touch with Merrithew to start a New Brunswick chapter of Equal Voice, the group devoted to boosting the numbers of women elected in Canada.

"It's far surpassed anything I'd imagined," said Merrithew.
TORSTAR NEWS SERVICE

Atleo faces hard challenges

FocusOn FirstNations

NATIVE AFFAIRS Staggering poverty, unemployment and unresolved treaties are among the enormous challenges facing Shawn Atleo, the new national chief of the Assembly of the First Nations.

Last week, Statistics Canada released a report showing that the disproportionate number of adult aboriginals in jail is related in part to poverty and lack of education. They made up 22 per cent of the prison population in 2007-08, even though they accounted for just three per cent of the national population.

Associated with poverty levels, overcrowding and health concerns is a suicide level among aboriginal Canadians that is at least five times the national average.

Authorities on native issues say Atleo, a 42-year-old British Columbia businessman and native activist, has to focus on outstanding treaties and education to find solutions to the many problems dogging native communities across the country.
TORSTAR NEWS SERVICE

Vote for chief

- Chiefs of Canada's more than 600 status Indian bands selected Atleo from five candidates to succeed Phil Fontaine as national chief of the Assembly of First Nations on Thursday in Calgary after eight rounds of voting. Fontaine did not seek re-election.

News in brief

HEALTH The body's immune system targets its own fat and may soon be manipulated to fight epidemic obesity and diabetes, a Toronto study has found. This defence against weight gain is overwhelmed by chronic overeating, but can be "rebooted" by a readily available drug.
TORSTAR NEWS SERVICE

WOMEN VOLUNTEERS NEEDED
for Vancouver Rape Relief & Women's Shelter
FOR AN INTERVIEW, PLEASE CALL
604-872-8212 · rapereliefshelter.bc.ca

Liberty, equality and a really tight bum.

Just standing in MBTs increases buttock muscle activity by 28%.
www.theantishoe.com
MBT The anti-shoe.

Newbies and hardcore anti-shoe fans, get your MBTs here:
FOOT SOLUTIONS www.footsolutions.com
2620 West Broadway, Vancouver, BC
604-267-7463
www.footsolutions.com/vancouver

Find The Relationship Of A Lifetime
Professional Matchmaking
-Safe & Confidential
-17+ Years Experience
-Incredible Success Rate
Vancouver/White Rock Locations
CALL TODAY FOR YOUR FREE DATE
1-866-941-3838
duetintroductions.com

Spiritual Psychic
Will read your life by the sound of your voice. Will tell you your past, present and future. She will not ask you your problems, she will tell you. Helps with depression, broken hearts, family quarrels, removes bad jadoo, bad influence and negative energy. Aura cleansing, couples trying to conceive, alcohol problems, immigration problems and reunites love ones.
Call for one FREE reading:
604-628-1995

HOME PHONE LINES
ALL FEATURES FREE!

✓ Voicemail ✓ Caller ID ✓ Call Waiting ✓ Call Forwarding
✓ Free Comwave to Comwave calls WORLDWIDE!

4 GREAT PLANS TO CHOOSE FROM!

Enhanced	Unlimited Canada	One-Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 25 COUNTRIES!
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

LIMITED TIME OFFER

6 MONTHS FREE!

- SATISFACTION GUARANTEED!
- KEEP YOUR EXISTING PHONE NUMBER!

No Matter Where you call, or What Rate You Pay
Comwave Will Beat it... Guaranteed!
(Even From Your Cell Phone!)

CUBA 85 ¢/min

PAKISTAN 5.9 ¢/min

PHILIPPINES 11.9 ¢/min

Australia	2.9 ¢	Nepal from	7.9 ¢
Bangladesh from	3.9 ¢	Saudi Arabia from	3.9 ¢
Colombia from	3.9 ¢	Sri Lanka	11.9 ¢
Guyana	27.9 ¢	Trinidad	7.9 ¢
India	5.9 ¢	U.A.E.	16.9 ¢
Iran from	3.9 ¢	U.S.A.	2.9 ¢
Israel	2.9 ¢	U.K.	2.9 ¢
Lebanon	9.9 ¢		

Comwave Guarantees you the Lowest Rates to Call Anywhere in the World, For Life. So Even if you're Paying Less than our Advertised Rates, Call Today and we'll Beat it... ***GUARANTEED!***

Limited Time Offer!
UNLIMITED Calling to Anywhere in **CANADA** $5/month

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates

- ✓ No need to cancel your service provider.
- ✓ $10 Free Long Distance for every friend you refer
- ✓ No Contracts

comwave **1-866-380-6055** www.comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas. Long Distance terms and conditions apply, see www.comwave.net for details.

German minister under fire for taking limo to Spain

Germany's health minister came under pressure yesterday to explain why she took her official limousine, complete with chauffeur, to Spain, where the vehicle was stolen. Opposition politicians demanded Ulla Schmidt provide more details about the incident. REUTERS

World

Sarkozy hospitalized after jog

French President Nicolas Sarkozy was rushed to hospital yesterday after falling ill while jogging and stayed overnight to undergo cardiological tests, officials said. The 54-year-old did not lose consciousness but had to lie down before being helicoptered to the Val-de-Grace military hospital in Paris. "When he was jogging in the park of the Chateau of Versailles, the president was taken ill," his office said in a statement. REUTERS

Nepal **A Gurkha welcome**

SUNIL SHRESTHA/REUTERS

Actress and campaigner Joanna Lumley is welcomed by British Gurkhas and their families yesterday in Kathmandu, Nepal. The British TV star has long advocated for U.K. citizenship rights for Gurkhas, native to the Himalayas, but who have served in the British military since 1815.

U.S. tries to spur peace

Despite rift, Netanyahu says U.S.-Israeli relations still strong

The United States launched a fresh drive yesterday to restart Middle East peace talks, sending senior officials to the region to deal with issues ranging from Jewish settlements to Iran's nuclear ambitions.

The visits by Middle East envoy George Mitchell, Defense Secretary Robert Gates and National Security Adviser Jim Jones were a strong signal from U.S. President Barack Obama of his intention to keep Israeli-Arab peacemaking high on his agenda.

Obama's demand, in accordance with a 2003 U.S.-backed peace "road map," to freeze Jewish settlement in the occupied West Bank and Arab East Jerusalem has met stiff resistance from Israeli Prime Minister Benjamin Netanyahu.

Playing down the most serious rift in U.S.-Israeli ties in a decade, Netanyahu told his cabinet: "It is only natural, that within a fabric of friendly relations between allies, there isn't full agreement on all points."

He described Israel's relationship with Washington as "important and steadfast," a departure from tough comments he made only a week ago when he said he would not accept orders from the United States on Jewish settlement in East Jerusalem. Palestinian President Mahmoud Abbas has said talks with Israel, suspended for more than six months, cannot resume until all Israeli settlement activity ceases.

"We are trying to reach understandings on various issues so that we can, together, advance our common goals: peace, security and prosperity for all of the Middle East," Netanyahu said.

Flying to Israel from talks in Damascus with President Bashar al-Assad on the possibility of restarting Israeli-Syrian negotiations, Mitchell discussed a settlement deal and prospects for regional peace with Israeli Defence Minister Ehud Barak in Tel Aviv.

Mitchell told reporters he has been urging Arab leaders "to take steps towards normalization." REUTERS

Promoting peace

- U.S. Middle East envoy George Mitchell was to see Palestinian President Mahmoud Abbas today and Israeli Prime Minister Benjamin Netanyahu tomorrow.

Clinton hopes to see female president

U.S. Failed presidential hopeful Hillary Clinton said yesterday she hoped there would a female U.S. president in her lifetime but ruled out the chance she would run again.

Now Secretary of State in the cabinet of one-time rival President Barack Obama, Clinton said it was a "daunting" challenge for a woman to run for president.

"It will take the right woman who can make the case and win the votes and get elected. I am certainly hoping it will happen in my lifetime," she told NBC's Meet the Press.

Hillary Clinton

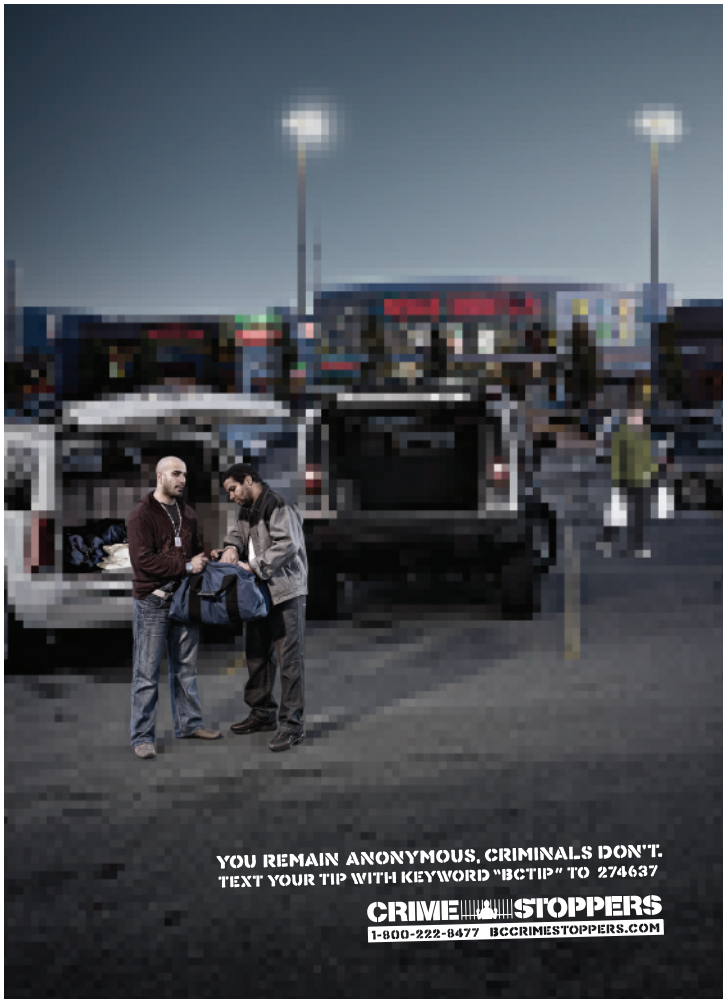
When pressed whether she would run again, she said, "I have absolutely no belief, in my mind, that that will happen."

Clinton declined comment on the presidential prospects for outgoing Alaska Governor Sarah Palin, who was Republican contender Senator John McCain's running mate in last year's race. REUTERS

News in brief

HONDURAS Disheartened supporters of deposed Honduran President Manuel Zelaya trickled home from the Nicaraguan border yesterday, weakening protests backing his bid to return to power after a coup last month. Honduran troops manning checkpoints have prevented several thousand demonstrators from staging a show of support at the border for the leftist leader, now exiled in Nicaragua. One-hundred weary protesters milled around, a far cry from the massive outpouring of public backing Zelaya had called for.

IRAN Iranian President Mahmoud Ahmadinejad dismissed yesterday the intelligence and culture ministers, a news agency reported. The semi-official Mehr news agency quoted an unnamed source as saying the two ministers had a dispute with the hardline president over the appointment of Esfandiar Rahim Mashaie as first vice-president for Ahmadinejad's second four-year term. REUTERS


YOU REMAIN ANONYMOUS, CRIMINALS DON'T.
TEXT YOUR TIP WITH KEYWORD "BCTIP" TO 274637
CRIME STOPPERS
1-800-222-8477 BCCRIMESTOPPERS.COM

The Ireland Insurance Brokerage Group Limited
Whole Life - Cash Value
Dividend Participating Life Insurance
for your whole life
(SOLD THROUGH CANADIAN INSURERS WE REPRESENT)
Phone: 604-689-9117
Toll-free: 1-888-689-9117 • www.irelandinsurance.com

G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
Robin Bloch fax 604-683-0621
robin.bloch@ca.g4s.com

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

You can't hear love over hormones

HineSight

Anne Hines

metronews.ca/hinesight

On a recent morning I hit on a great truth about love. Romantic relationships call into play the two most powerful and overwhelming forces known to humankind: Hope and hormones.

I realized this during a phone conversation with my friend Rob. It went something like this.

Rob: The most amazing thing has happened. Incredible. Stupendous. You won't believe it.

Me: So, those new strawberry-esque doughnuts at Tim Hortons. The best thing ever? Or a wicked plot by Weight Watchers?

Rob: What about my news?

Me: You've met a woman. She's perfect. You're madly in love. You never knew you could feel this way.

Rob: Well … yeah. Except for the part about … well … yeah.

Me: Honey, I worry about your heart.

Rob: You're the one eating doughnuts.

Me: Falling in love makes you irrational.

Rob: Irrational? Not ever. Totally not. Me, irrational? What? Huh?

Me: What about that woman with "Elvis Lives" tattooed on her forehead?

Rob: She was very … optimistic.

Me: And the one who thought pigeons speak to her?

Rob: She'll never feel alone. But this one is different. We've had three whole dates and I haven't once felt like suggesting she'd benefit from lengthy psychotherapy.

SunnySide

Me: What about how you behave? The short list of things you've done for love includes: Bought a ferret, grown your hair, cut your hair, studied "clowning," sworn you love Barry Manilow, sworn you hate Barry Manilow, sworn you love camping — which, if you remember, led to you actually having to go camping, grown your hair again, and worn spandex.

Rob: I liked the spandex. Once I got that chafing under control. Anyway, what about listening to my heart?

Me: I'm afraid you can't hear it over your hormones. Sweetie, why do you want to try this again?

Rob: Because maybe this will be the woman that'll make inane love songs seem like deep, meaningful insight. Maybe she'll be the person who will know me; the good, the bad, the bordering on repellent and still love me like springtime. And maybe I'll do the same for her. What's it worth risking for that?

Me: Truthfully? … Everything you've got. Just look after yourself, OK?

Rob: What's the worst that can happen?

Me: Remember Raw Food Girl?

Rob: I have to run. We've signed up to take Norwegian country dancing.

Me: Good for you, sweetie. I'm right behind you.

The things we do for love.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

EcoDensity thrives after Citizen Sam

InTransit

Derek Moscato

dmoscato@yahoo.com

The Sam Sullivan years are but a strange and distant memory for most Vancouver voters. The former mayor, who was hastily dumped by his own party last year, never got a chance to make his case for a second term.

During his time in office, Citizen Sam was dogged by a handful of critics who were hell-bent on trashing him at every turn — from his handling of the municipal strike, to various misfires on the issues of crime, homelessness and the Downtown Eastside.

Let's be honest, some of the criticism was well-deserved.

And yet, one of his most controversial pet projects — EcoDensity — continues to loom large over civic life in the Metro region.

EcoDensity was Sullivan's take on urban planning for a green future. The thinking went that by putting population growth in compact areas well-served by transit, shopping and other amenities, the region could reduce its environmental footprint while improving the quality of life for residents.

He is right, of course.

And that's why today — with the EcoDensity charter adopted by the city — there is no shortage of plans to densify urban neighbourhoods. Community gardens are springing up next to SkyTrain stations that are set next to apartment complexes.

And, as Metro's Jeff Hodson reported last week, we are seeing the advent of secondary suites within high-rise condos. These so-called "mortgage helpers in the sky" would have been unthinkable a decade ago.

Region-wide, civic leaders are also looking to increase density — from New Westminster to Richmond's No. 3 Road to Coquitlam Town Centre.

In a recent interview, City of North Vancouver Mayor Darrell Mussatto told me he would like to see property tax rates eventually be based on neighbourhood density. The higher the density, the less you would pay in taxes — and vice versa.

Those are brave words for a politician to utter in the North Shore. But it shows you how attitudes have changed.

None of this will cheer up the ex-mayor from across Burrard Inlet, mind you.

By promoting EcoDensity, Sullivan managed to antagonize defenders of the status quo, as well as single-family homeowners consumed with fear and self-interest. For this, and other alleged failings, his career in municipal politics imploded.

As for his vision for a denser, greener West Coast metropolis? It lives.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

GRAEME MACKAY

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Vancouver 1190 Homer Street, Suite 250, Vancouver, BC V6B 2X6, Tel: 604-602-1002; Fax: 1-866-254-6504; Advertising: 604-602-1002 • adinfovancouver@metronews.ca; vancouver_distribution@metronews.ca; News: fernando.carneiro@metronews.ca

Grow your hair
Hair Loss Treatment - Spectral.DNC
Topical solution with herbal extracts to make your hair fuller and thicker.
Clinically proven effective.
masc
604.688.4555
433 davie street

RESIDENT CARE ATTENDANT
BC Government approved Curriculum & 8-week Practicum
- The Most Competitive Tuition Fee - $5900
- Student Loans Available & EI Funding Accepted
- Job Placement Assistance Provided

Daytime, Evening and Weekend Classes
www. rcit.edu
Royal Canadian Institute of Technology
Vancouver 604-879-5676 Surrey 604-588-7248

FITNESS LEADERSHIP DIPLOMA PROGRAM
Become a BCRPA Registered Personal Trainer
Earn up to $60/hour • Government Financial Aid may be available.
HILLTOP ACADEMY
604-930-8377
www.hilltopacademy.com

Microsoft moves to settle antitrust dispute with EU

Microsoft sought on Friday to end a long-running dispute with EU antitrust regulators as it offered to let users choose their own browser and to provide more interoperability information to third parties. The EU, which monitors competition, has to date slapped fines totalling 1.68 billion euros on the U.S. software giant. REUTERS

Business

Toyota to sell stake in plant

Toyota Motor Corp. announced Friday that it will begin selling off its stake in a southern California manufacturing plant that it had jointly operated with General Motors. GM announced last month that it was withdrawing from the 50-50 joint venture as part of a liquidation deal to ensure it would emerge from bankruptcy protection. METRO NEWS SERVICES

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

AUTO The U.S. government launched a $1 billion US cash incentive program on Friday to stimulate auto sales by getting consumers to part with gas-guzzlers and buy more fuel efficient vehicles. The program, which offers up to $4,500 US, will be overseen by the Transportation Department. Dealers and manufacturers are offering additional incentives, including matching funds in some cases, to help boost sales.

STOCKS Wall Street may take a breather this week after an earnings-driven rally lifted the major U.S. indexes to their highest levels in months. The blue-chip Dow Jones industrial average passed the 9,000 mark last week for the first time since January. And the S&P 500 Index ended Friday at 979.26 — up 44.7 per cent from the 12-year closing low hit on March 9 — after a number of prominent companies' earnings surpassed Wall Street expectations. REUTERS

Ericsson wins Nortel assets

Sweden's Ericsson has won an auction for the wireless assets of bankrupt Nortel Networks Corp, paying $1.13 billion US for the crown jewels of the one-time Canadian telecom star.

The two companies said Saturday Ericsson had won the bidding for Nortel's key CDMA and next-generation LTE wireless technologies, which Nortel put on the block after it filed for creditor protection in January.

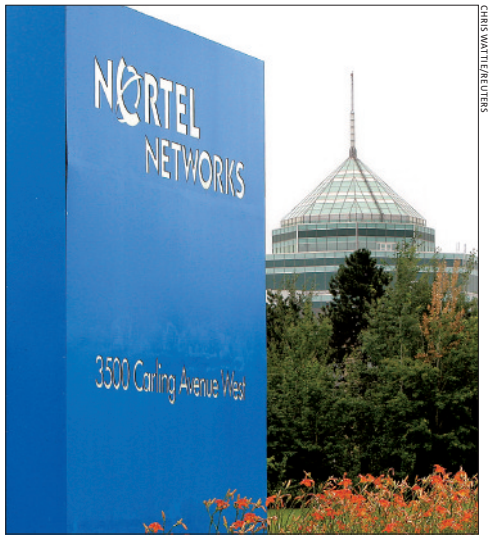
The assets include Nortel's businesses in the CDMA wireless technology used in North America and in the emerging LTE high-speed wireless technology that many of the world's biggest operators plan to use to upgrade their telecommunications networks, as well as some patents.

"This is both a sad story for Nortel and a happy story for Ericsson," Jeff Kagan, an independent industry analyst, said in a note. "Rather than competing with Nortel, Ericsson has won."

He said the deal would enable the Swedish telecom gear maker to expand its North American footprint as the industry evolves toward so-called 4G LTE technology.

When fully developed, the technology is expected to provide broadband-like access for cellphone users in terms of speed and content richness, Kagan said.

Ericsson's offer virtually assures Nortel will be broken up rather than emerge from bankruptcy protection as a slimmed-down single unit. REUTERS



CHRIS WATTIE/REUTERS

Nortel's Carling Campus in Ottawa. Swedish firm Ericsson successfully won the bankrupt company's wireless assets Friday.

Canadian life insurers safe bets: Analysts

RESULTS Canada's big four life insurers now look to be better bets than either their U.S. rivals or the big Canadian banks as a surging stock market brings profits bouncing higher after three awful quarters.

Analysts say credit concerns and reserve questions have set the stage for a noisy quarter when the Big Four report quarterly results next week. But almost all say the insurers have ground to make up, and they make investment sense. With the U.S. stock market up 15 per cent and Toronto stocks 19 per cent higher than the first quarter, Manulife, Great-West Life, Sun Life and Industrial Alliance Insurance are all expected to report second-quarter profits. REUTERS

What makes a memorable idea?

Made to **Stick**

Author: Chip and Dan Heath
Publisher: Random House
Price: $28.00

Have you ever heard an urban legend and noticed that just about everyone you know is also familiar with the story? According to authors (and brothers) Dan and Chip Heath, there is a very particular mix of factors that lead to the success and longevity of these tales. In their book, Made to Stick, the Heath brothers walk the reader through each principle of 'sticking' using the acronym SUCCESS. Business examples include the simple South West Airlines approach to being 'the low fare airline.' This book was a hit at book club — especially when we gave the task of creating a marketing campaign to two teams for a challenge. Fun reading. CRAIG LUND /FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

THE SHP FIREPLACE WAREHOUSE

- Indoor & Outdoor Gas Fireplaces
- Pellet & Wood Stoves Gas Fireplace Inserts
- Electric Fireplaces
- Gas Log Sets

BUY NOW and SAVE
with the 2009 Home Renovation Tax Credit
Also receive an additional $250 off your masonry gas insert installation
Distributors of: Savannah Heating Products Ltd. Monessen Lexington Forge
#105 - 11091 Bridgeport Road, Richmond, 604-231-8923
www.thefireplacewarehouse.ca • Mon. to Fri. 9 a.m. - 5 p.m., Sat. 10 a.m. - 4 p.m.

Mexico wins Gold Cup

Mexico won its fifth Gold Cup yesterday by dominating the Americans 5-0 in the final. A Giants Stadium crowd of 79,156, overwhelmingly comprised of Mexican fans, watched the visitors score all their goals in the second half. METRO NEWS SERVICES

Sports

Driver in life-threatening state

Ferrari F1 driver Felipe Massa remained in "life-threatening" but stable condition yesterday following surgery on multiple skull fractures. Massa was injured during Saturday qualifying when the rear spring from another car bounced into his helmet as the 28-year-old reached speeds of about 120 m.p.h. The impact concussed Massa, who then plowed into the protective tire barrier. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

BERNARD PAPON/REUTERS

Astana rider Alberto Contador of Spain, centre, celebrates his overall victory on the podium next to second-place Saxo Bank rider Andy Schleck of Luxembourg, left, and third-place Astana rider Lance Armstrong after the final stage of the Tour de France yesterday.

Tour de force

Contador powers his way to second title

Alberto Contador emerged as the new cycling boss yesterday when the Spaniard wrapped up his second Tour de France title on seven-times champion Lance Armstrong's return to the race.

The 26-year-old Contador stayed safe in the main bunch as the last stage, over 164 km from Montereau Fault-Yonne, went to Briton Mark Cavendish.

"I am really happy. It was an especially difficult Tour for me, but that's why I am enjoying the victory all the more," Contador said on the podium.

Over three weeks, Contador proved the strongest rider in the mountains and in the time trials, beating Luxembourg's Andy Schleck by four minutes 11 seconds. Armstrong, back from 3½ years in retirement, finished third overall 5:24 off the pace.

Schleck, who also took the white jersey for the best under-25 rider, said: "He (Contador) was the strongest rider. He is the boss of the peloton."

The victory kept the Spanish flag flying high on the Champs-Elysees following triumphs for Oscar Pereiro in 2006, Contador in 2007 and Carlos Sastre last year.

Contador, who missed last year's Tour after Astana were not invited because of their past doping record, took the overall leader's yellow jersey with a strong attack in the first Alpine stage in Verbier, Switzerland. REUTERS

Montreal dealt into MLS game?

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

The Montreal Impact have been dealt back in. Or, at least, they're back at the table and may be willing to bet the minimum.

For those who have forgotten the expansion standoff between Impact owner Joey Saputo and MLS commissioner Don Garber earlier this year, here's a recap:

Saputo: We don't want to pay a $40-million expansion fee.
Garber: Well, $40 million is the bet.
Saputo: I'll bet $31 million.
Garber: You, sir, are out of the game.
Saputo: You do know we attracted 55,000 to a soccer game in February? We've spent $15 million on our stadium. And my family makes really good cheese.
Garber: All very nice, but $40 million is the minimum.
Saputo: I'm calling your bluff.

And with that, Garber had Saputo tossed out of the casino.

Meanwhile, the two other players, Vancouver and Portland, played a few more hands and ended up paying $35 million.

But Saputo is back, money in hand, saying he is willing to pay the $35-million price.

Garber is convinced. The board of governors even discussed the Impact as they met this weekend ahead of Wednesday's all-star game in Utah. It seems MLS is more than willing to put the past behind them.

"Montreal should play the hand it's dealt and thank the league for it."

But will Saputo?

The league invited Saputo to the all-star game, an offer Saputo politely (and insanely) refused because the Impact are playing the night before.

You can do both Joey — I checked online for you. There are 16 Air Canada flights that will get you to Salt Lake City on time. Yes, it'll cost $1,300, but surely that's worth it if it keeps you from pissing off the dealer again.

An announcement on whether the league will offer expansion in 2012 is expected today. However those cards flop, Montreal should play the hand it's dealt and thank the league for it because, in the end, the MLS house always wins.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Lions start strong, fall apart

CFL RESULTS

Calgary 48 B.C. 10

VS.

THE SKINNY: The first quarter was close. But then the Lions fell apart, and Calgary outplayed them in every facet of the game. The B.C. offence was stagnant and their defence looked unmotivated as the Stampeders outscored the Lions 44-3 from the second quarter on.

THE DIFFERENCE: Turnovers played a huge role. Calgary scored the majority of their points off B.C.'s five turnovers, which included two interceptions.

THROWING NOWHERE: Both B.C. quarterbacks had their chance, but neither Buck Pierce nor Jarious Jackson was effective as they combined for just 103 passing yards.

THE RATING: Embarrassing. The Lions were outclassed in front of their home crowd, suffering their worst loss at B.C. Place since 1998.

THE NEXT GAME: The Lions travel to Hamilton on Friday for a date with the Ticats at 4:30 p.m.

DANIEL HENDRIKSEN /FOR METRO VANCOUVER

Sports in brief

BASEBALL New Westminster's Justin Morneau blasted two home runs to take the American League lead with 26, as the Minnesota Twins ended the Angels' eight-game winning streak with a resounding 10-1 victory in the fourth and final game of this series.

GOLF Jason Dufner led the Canadian Open leaderboard at the end of play yesterday, but could not collect his maiden PGA Tour win as the weather-battered tournament was forced into a Monday finish. Mike Weir of Bright's Grove, Ont., recorded a hole-in-one on the par-3 fourth and sits five strokes back of Dufner.

EDMONTON INDY Australian racer Will Power led almost the entire way yesterday to win the Rexall Edmonton Indy. Toronto's Paul Tracy was the top Canadian, finishing sixth in the 23-car field. METRO NEWS SERVICES

Experience and Knowledge
Practice Areas
• Civil Litigation • Commercial Law • Conveyancing • Wills & Estates
• Family Law • Immigration • Notarization • Personal Injury
Gateway Law Corporation
Kevin Lee, B.Comm (UBC), M.B.A. (York U), LL.B. & PCLL (HKU), NCA (UOttawa)
226 - 515 W Pender St, Vancouver, 604-682-8829 fax: 604-909-4899

Get results and feel great!
Vancouver Personal Training
T-SQUARED PERSONALIZED TRAINING
Call today to schedule a complimentary private consultation (a $100 value) 604-250-9784!
www.Tsquaredtraining.com

SERVING CUSTOMERS *en français?* IN THE TOURISM INDUSTRY?
- ONLINE course designed for customer service
- 3 LEVELS: Beginner, Intermediate, Advanced
- Easy, accessible and flexible language solution
- Try our free online demo today!

HELLO BONJOUR
Collège EDUCACENTRE College
www.educacentre.com • 1.800.747.4825
The French College in British Columbia

Be Mentored by the Pros!
nimbus School of Recording Arts
Enroll now to reserve your spot!
604.875.8998 • www.nimbusrecording.com
Garth Richardson (Rage Against the Machine)
Bob Ezrin (Pink Floyd, Alice Cooper & Kiss), Michael McCarty (Billy Talent)

Copies Plus COPY + IMAGING CENTRE
SCAN TO PDF SERVICE
• High Speed Black & White Document Scanning
• B/W Scans up to 36" wide for Engineering and Architectural Drawings
PDF FILES SAVED TO YOUR USB KEY
OVER 22 YEARS OF EXCELLENCE IN DIGITAL PRINTING
1950 West Broadway • 604.731.7868 • www.copiesplus.ca
OPEN 7 Days • Mon. to Fri. 8 a.m. - 9 p.m. • Sat. to Sun. 10 a.m. - 6 p.m.
20% off on all our services! Offer valid with coupon. Expires July 31 2009

Casual Fridays good for the environment

Introducing casual Fridays to an office work week helps save energy. Short-sleeved, open-necked shirts mean the office thermostat can be set higher. Every degree will cut up to 20 per cent of air conditioning costs. TORSTAR NEWS SERVICE

Going Green

The truly greener bricks

In Indonesia, EcoFaeBrick makes environmentally friendly bricks out of leftover cow dung, fired in kilns using biofuels to reduce carbon emissions, according to Green Trends. And no, they don't smell — they look exactly like clay bricks and cost about the same as regular bricks but are said to be 20 per cent stronger and lighter. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

G8 plan lacks details

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Sometimes we can all be pretty gullible. Ever make a major purchase because it was "30 per cent off" or choose a bag of chips because it had "50 per cent more!"? More than what? More than a bag with 50 per cent fewer chips? The ads make us feel like savvy shoppers, but without a frame of reference, it's pretty meaningless.

One lesson learned from the recent G8 summit in Italy is that the Chinese, Indians, Brazilians, and Mexicans are better shoppers than we are. While G8 countries were hailing the agreement to reduce greenhouse gas emissions 50 per cent by 2050 (80 per cent for developed economies), and to limit global average temperature increases to two degrees over pre-industrial temperatures, these developing economies were asking what it all means.

Like the bag of chips, the agreement lacks meaning as it lacks any frame of reference. A 50 per cent reduction from what year? And what is the baseline for pre-industrial temperature? If we choose 1830s versus 1850s (last minimum of the "Little Ice Age") it makes a major difference. The agreement reached in Italy is not a plan, and without frames of reference it does not set any real goals.

These frames of reference are to be worked out in advance of the December UNFCC Conference in Copenhagen, but it is disappointing that G8 leaders left Italy without establishing them. While we're at it and talking about frames of reference, somebody better verify with the Americans we mean Celsius.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Free cellphones costing lives in Congo

Eco-Minded

Kai Chan with Jen Karmona

metronews.ca/ecominded

Mobile phone companies make it too easy to get a new phone: sign up for a contract and receive a $400 phone for free. The idea of such a great deal is irresistible to many of us. The human face of the impacts of producing new technological devices provides motivation to think twice about getting new products when the old ones are just fine.

It's no exaggeration that cellphones are indirectly funding killings, rapes and village lootings in the Democratic Republic of Congo (DRC).

The war in Eastern DRC involves many factions, including Hutu and Tutsi rebel groups, local militias and the Congolese army. According to a UN report, all the armed groups in the area, including the army, fund themselves through trade in diamonds, gold and two minerals necessary for cellphones and other technological devices (coltan and tin ore). The DRC has 80 per cent of the world's coltan. The UN peacekeeping mission in the DRC is the largest in the world, but security is difficult to achieve because all of the warring factions are well supported by mineral exploitation and trade.

Up to 5 million people have died since the mid-90s as a result of conflict in Eastern DRC, either directly or due to the disease and unsanitary conditions. That's twice the population of Metro Vancouver.

There are no easy answers, but restraining ourselves from the lure of new devices is a great start. A new phone might feel light in hand, but helping fund atrocities in the DRC is a heavy weight on one's shoulders.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC; vancouverletters@metronews.ca.

Initiative

- Canada is a financial supporter of the Extractive Industries Transparency Initiative, which works with governments and companies to promote openness regarding payments made and received. Such initiatives are crucial to ensure that our purchases don't finance violence.

Powerful Performance Today with Tomorrow in Mind.

I'M THINKING

Future Friendly

LESS ENERGY

Tide® Coldwater
Brilliant cleaning at lower temperatures.

Cascade® ActionPacs
Sparkling clean dishes using the energy saving cycle.

Duracell® Pre-Charged Rechargeables
Energy Efficient.
Long-Lasting Power.*
*Stays charged longer, recharge less, when not in use, vs. standard NiMH cells.

LESS WASTE

Ultra Downy®
35% less plastic per bottle.†
† vs. non-concentrated Downy.

Bounty® Select-a-Size
Strong sheets, 45% smaller than a regular Bounty sheet.

Discover what other steps you can take at: futurefriendlybrands.ca

Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

Woman donates home to UOIT

An 87-year-old Whitby, Ont., resident, Stefania Dulemba, is returning to her native Poland to help build a shelter there, so she has signed over early her home and property she and her late husband Alexsander willed to the University of Ontario Institute of Technology, located in Oshawa, Ont. Over the years the couple made financial donations to UOIT and Durham College. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Rhythm for the stage

Composer's 'bitter pill': It's best if no one notices your music

Backstage **Pass**

JON TATTRIE
for Metro Canada

While the music industry struggles to keep up with the Internet, the technology has made composing for stage and film easier than ever.

From his Halifax base, musician Jason Michael MacIsaac can work anywhere. "A short jaunt to Toronto replaces three weeks in Toronto," he says over tea in a local café.

He writes scores for plays, films and commercials, and is also in a band called the Heavy Blinkers. "There's not one aspect of my career that allows me my extremely epicurean lifestyle," he jokes, taking a bite out of his peanut-butter bagel.

Usually, a composer's job is to write music that no one notices. "That's a bitter pill to swallow," he says, but he understands that badly timed music can wreck a play. "If you have a pivotal moment when someone says, 'Oh, you didn't know I'm a vampire?' and you don't hear that line, for the rest of the play you're like, 'Why's he sucking blood?'"

That's generally true for films, too. MacIsaac wrote the music for 2003's Touch and Go, which featured a "pre-Ellen Page Ellen Page," as he puts it.

Earlier this year, he got a chance most stage composers only dream of: He worked on Poor Boy, a pop music fantasia by Halifax's Zuppa Theatre.

"It was a play born out of the music that myself and (collaborator) Dave Christensen created. Every action, every piece of dialogue, was after the music," he smiles. The actors also played the music, presenting further compositional challenges. "You can't be stuck at your cello if you have to go from stage left to stage right in under 10 seconds, so a lot of the arrangement becomes stripped down."

As a composer, you can work anywhere, says Halifax-based musician Jason Michae MacIsaacl.

That's a common concern: What the composer creates in his head may be too expensive or cumbersome for the play. "It's heartbreaking when a song gets dropped. There's a song in Poor Boy that it kills me every time I don't hear it," he says. "It's 'Look at me, look at me!' Then all of a sudden, it's not about me anymore. I'm at the service of the play."

McMaster University in Ontario, Bishop's University in Quebec and University of Lethbridge in Alberta are among the institutions that offer classes combining music with theatre, film and television. Many musicians either study music and then apply it to stage, or simply learn music on their own and then turn professional.

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Workology in **brief**

JOB TRENDS Sixty per cent of executives and recruiters polled by ExecuNet, a management networking organization, believe the fields that will generate the biggest growth in executive jobs over the next year are health care, green technology, pharmaceuticals, medical and biotechnology, alternative energy, business support services and power generation. Over the past year, there has been a 14 per cent reduction in executive recruiting.

LOYALTY Canadian employees are becoming less loyal to their employers, says a new Ipsos Reid study called Build a Better Workforce. Disloyalty was particularly high for employees in the manufacturing and financial services sectors as well as employees of companies where staff cuts were made or salaries were frozen due to the economic downturn.

EDUCATION According to a new study, 47 per cent of working-age Canadians have a post-secondary credential from a college or university, higher than any other developed country. In the U.S., the number was eight per cent lower, with 39 per cent of working-age Americans holding a college or university credential. The number of Canadians obtaining post-secondary credentials is rising with 55 per cent of Canadians aged 25 to 34 attended university or college, compared to fewer than four out of 10 Canadians aged 55 to 64.

IMMIGRATION While tens of thousands of Canadians have lost their jobs during the recession, immigrants who have been in the country for less than five years are losing their jobs at more than three times the rate as people who were born in Canada, according to Statistics Canada and The Globe and Mail. Among Canadian-born workers, employment fell by 1.6 per cent over the past year, while it fell 5.7 per cent among immigrants. HEATHER BUCHAN/ FOR METRO CANADA

NOW AVAILABLE:
AST Course | $450
Legal concepts pertaining to advanced use of force theory and the application of restraints
GENESIS
604.669.0822
genesissecurity.com
ALSO AVAILABLE:
BST Course | $199

JUSTICE INSTITUTE of BRITISH COLUMBIA
Canada's leading public safety educator

www.jibc.ca

Are you interested in a rewarding career?
Aboriginal Justice Studies
NEC Native Education College
Home of the Aboriginal Learner
Accepting Applications for September Start Date
Check us out! Come visit our Longhouse.
285 East 5th Avenue, Vancouver, BC, V5T 1H2
604-873-3772 • www.necvancouver.org

ARE YOU WORKING WHILE DEPRESSED?
Are you working at a paid job and have 3 or more of the following symptoms of depression?
- ☐ Depressed mood
- ☐ Diminished interest or pleasure in activities
- ☐ Change in appetite
- ☐ Poor sleep
- ☐ Fatigue
- ☐ Low self-esteem
- ☐ Poor concentration

If you have some of these symptoms and are between 19 – 65 years of age, you may be eligible to participate in a research study which combines telephone counselling and an antidepressant medication.
The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.
For more information, call 604-822-7804.
Mood Disorders Centre
UBC

Maclean's probes Canada's 'G5' Universities
Last week, Maclean's launched a two-part series about the challenges faced by Canada's five largest universities — University of Alberta, University of British Columbia, McGill University, University of Montréal, and University of Toronto. METRO NEWS SERVICES

Keeping masterworks perfect

OddJobs

Diane Peters
metronews.ca/oddjobs

Few man-made things last forever. Buildings, books and bridges crumble if no one takes care of them.

Paintings in particular discolour, tear and get damaged over the years when they're on display, being handled and getting shipped.

Conservators try to both reverse and prevent damage to paintings as well as sculptures, books and artifacts.

Claude Belleau, 48, heard about this unique career around the time he was starting an art history degree at Concordia University in Montreal.

Growing up in nearby Chambly, Belleau loved to paint and draw, and he also had a passion for history. (Easy to do in a town that boasts Fort Chambly, built in 1711.)

"As far back as I can remember I loved looking at books with old masters' paintings. I was as young as 13 or 14 when I was looking at that stuff."

It took two tries, but Belleau eventually got into the masters program in art conservation at Queen's University in Kingston, the only such program in Canada.

The degree blended art with science, and Belleau learned about how paint pigments decay and how temperature and humidity can either preserve or break down materials.

After graduation, Belleau got experience in Quebec City and in Belgium, and ended up spending 20 years at the Museé National des Beaux-Arts du Québec as staff conservator.

Looking for a change, Belleau joined the Glenbow Museum in Calgary three months ago.

At work, he examines paintings from the museum's collection, pieces that have been borrowed or works that the museum wants to buy. He then writes reports on what he sees. For the museum's pieces, he'll propose repairs.

Those suggestions are then approved or rejected by the museum either based on time (sometimes there just isn't enough if a show is about to go up) or concerns about risk to the painting.

He also meets with other staff members to consult on preventing risk to paintings and makes suggestions for, for instance, safe shipping.

He also spends time in the museum's lab, which he shares with two other conservators (one works with paper, the other with artifacts). There, he relies on special tables and other equipment to repair holes, redo finishes, remount canvases and do touch-ups with pigment.

"It's very precise work. It requires dexterity. And you need to be patient," says Belleau. Some paintings take just a few hours of work. Some of the massive church paintings he conserved while working in Quebec took hundreds of hours.

PHOTO SUBMITTED
Claude Belleau's work as a painting conservator is incredibly precise and he says, "you need to be patient."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

OFFICE ADMINISTRATION DIPLOMA:
MEDICAL OFFICE ASSISTANT
Payroll/Computerized Accounting Diploma • Hospitality & Tourism
Microsoft Office Specialist • Fundamentals of Insurance

ULI Universal Learning Institute
Financial assistance may be available to those who qualify.
E/I recipients welcome.
604-248-1242 • www.trainingforjobs.com

GO FROM HIGH SCORE
To higher education
You have the endurance, concentration, and ability to conquer. Take these skills and use them in your education.
The 15-week **Tech Entry upgrading** program covers the core subjects you need—you may even be **provisionally accepted** into select BCIT programs like Computer Systems Technology or Electrical and Computer Engineering Technology.
Apply now for September.
Check out bcit.ca and search for 'tech entry'
TECHNOLOGY CHANGES EVERYTHING
BCIT

VCAD VANCOUVER COLLEGE OF ART AND DESIGN

FOLLOW YOUR PASSION
AT VANCOUVER COLLEGE OF ART AND DESIGN
GRAPHIC DESIGN | MARKETING & MERCHANDISING FOR FASHION | 3D MODELLING, ANIMATION ART & DESIGN | FASHION | INTERIOR DESIGN
FOR OVER 35 YEARS, Victoria College of Art and Design has been the only choice for artists and imaginative people hoping to follow a creative path. Through growth and industry needs, we're excited to announce the launch of our campus in Vancouver. We are a center for creativity where instructors share the commitment, desire and passion for art and design. We are an environment where you learn from people who actually do what you dream of doing. We are artists and designers. We are innovators and trendsetters. And so are you. Follow your passion with us.
Based on industry input, we create our art and design programs to be affordable and accelerated, so you can finish your studies faster than you would at other art schools.
CALL TODAY 604.694.0019 | OR VISIT ONLINE WWW.VCAD.CA | SUMMER AND FALL CLASSES ARE FORMING NOW AT OUR NEW VANCOUVER CAMPUS. TRANSFER CREDITS CAN BE ACCEPTED.

Octomom TV series

Octomom Nadya Suleman has signed agreements for her 14 children to star in a reality television show, Entertainment Weekly reports. Each of Suleman's children will earn $250 per day according to the contracts. Filming begins this fall. EW.COM

Entertainment

Not guilty

A British judge acquitted Amy Winehouse on Friday of assaulting a fan who asked to take her picture. The singer was found not guilty of punching dancer Sherene Flash. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Tackling love and crime

BookPicks

Finger Lickin' **Fifteen**

Author: Janet Evanovich
Publisher: St. Martin's Press
Price: $35.95 (Hardcover)

The 15th instalment in Janet Evanovich's Stephanie Plum mystery series sees her leading lady try to solve two sets of crimes while balancing her assorted love life and quirky characters she encounters throughout. The lingerie buyer-turned-bounty hunter is on the prowl to discover who killed celebrity chef Stanley Chipotle in a Trenton, N.J., alleyway. Key evidence is companion and sole witness Lula's entrance into the barbecue competition at which Chipotle was poised to appear.

Tomato **Rhapsody**

Author: Adam Schell
Publisher: Delacorte Press
Price: $28.95 (Hardcover)

In this debut tale of sundry literary inspirations, Adam Schell traces the fantastic fictional account of how the tomato came to Italy. Jewish farmer Davido is given a pass by the village priest to bring the tomato to town, but the fruit quickly becomes a catalyst for controversy. Davido becomes the apple of Catholic Mari's eye, but love appears forbidden, considering her stepfather is overprotective olive mogul and novel villain Giuseppe.

— BRIAN COULTON /FOR METRO CANADA

Celebs visit Comic Con

Cameron unveils Avatar footage, Burton previews Alice

NED EHRBAR
Metro World News

The 40th annual San Diego International Comic Con attracted an estimated 125,000 fans of film, TV, video games and comic books for four days of beautiful weather, celebrity sightings and previews of upcoming blockbusters.

While some worried the convention had strayed beyond its comic book roots to become a Hollywood marketing event, fans of all stripes celebrated their favourite pastimes with vigour — and more than a few interesting homemade costumes.

The biggest Hollywood-related draws of the festival were from veteran director James Cameron, who unveiled 25 minutes of footage from his long-awaited 3-D film, Avatar. Also on display for the first time were toys and concept art related to the film.

GETTY IMAGES

Actor Johnny Depp, left, and director Tim Burton speak at the Alice in Wonderland press conference during Comic Con.

But perhaps even more anticipated — and the cause for more controversy — was the panel previewing New Moon, the latest in the Twilight series. Fans of the book and film franchise camped out the day and night before the panel, overtaking the 6,500-capacity Hall H, to the chagrin of fans hoping to attend other panels scheduled the same day.

Another piece of news was word that a sequel to the 1980s hit Tron is in fact on its way, as Jeff Bridges, star of the original, was happy to report. Principal filming has been completed, Bridges confirmed, but was intentionally cagey on plot details.

Tim Burton was on hand to preview his next big film, Alice in Wonderland, and even brought along star Johnny Depp as a surprise. "It's been years since I've been to Comic Con," Burton said. "It's so great to be back."

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **G-Force** $32.1 million US
2. **Harry Potter and the Half-Blood Prince:** $30 million
3. **The Ugly Truth** $27 million
4. **Orphan** $12.7 million
5. **Ice Age: Dawn of the Dinosaurs:** $8.2 million
6. **Transformers: Revenge of the Fallen:** $8 million
7. **The Hangover:** $6.4 million
8. **The Proposal:** $6.4 million
9. **Public Enemies:** $4.1 million
10. **Brüno** $2.7 million

REUTERS

GlobalStyle

Kenya Hunt

Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: **metronews.ca/movies**

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/27/09	251	308	3 CBC	Coronation St.	Jeopardy!	Triple Sensation "Finale"		Just for Laughs (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	How I Met	Engagement	The Soup (N)	Wildest TV	The Best Years (CC)		News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	Law & Order (CC)		Law & Order: Criminal Intent		CSI: Miami "Presumed Guilty"		News
	-	-	10 OMNI	The Daily	Frasier (CC)	One Tree Hill (CC)		The Practice (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "The Social Contract"		Lie to Me "Do No Harm"		The Unit (CC)		News
	256	389	12 VI	The Road to Avonlea		Gossip Girl (CC)		Two/Half Men	Big Bang Th	Stargate Atlantis "Aurora"		News (N)
	253	359	13 CITY	Law & Order: SVU		The Bachelorette (Season Finale) (N) (CC)				(:02) Dating in the Dark (N)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	One Tree Hill (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami "Presumed Guilty"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	Great American Road Trip (N)		Law & Order: Criminal Intent		The Wanted (N) (CC)		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	How Clean	Kim	Love It or List It		Guilt by Association ★★ (2002, Drama)		
	288	380	24 ABC	Wheel-Fortune	Jeopardy!	The Bachelorette (Season Finale) (N) (CC)				(:02) Dating in the Dark (N)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	At First Sight ★★ (1999, Romance) Val Kilmer, Mira Sorvino.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		History Detectives (N) (CC)		Richard Bangs' Adventures		Learned-Think
	290	382	23 FOX	Two/Half Men	Two/Half Men	House "The Social Contract"		Lie to Me "Do No Harm"		Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	American Future: A History		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	One Tree Hill (CC)		Gossip Girl (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	53 NW	Pakistan's Taliban Generation		CBC News: The National (N)		CBC News: The National		Pakistan's Taliban Generation		National
	500	500	48 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Toronto Blue Jays at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	SportsCentre (Live) (CC)			Off the Record	World Poker Tour				SportsCentre
	411	457	49 OLN	Ghost Hunters "Tombstone"		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters "Tombstone"		Bounty Hunter
	410	403	24 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	45 SC	Barrett-Jackson		Car Crazy (N)	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol MLS		Off the Pitch	Gol TV News	Toronto FC at the Half		Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	The Next Star 2 (CC)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star 2 (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Big Comfy	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Undersea	Landscape	Hot Rocks "Risky Rocks"		Sensing Things		On Screen (CC)		Ravens
	575	583	60 CMT	Hope & Faith	Hope & Faith	CMT's Greatest "Interviews"		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Shot at Love-Tila Tequila		MuchNews	Video on Trial	Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		Marriage	Income Prop.	My First Place	For Rent	House
	615	520	61 A&E	Obsessed Pulling out hair. (N)		The Cleaner "Split Ends"		Intervention "Sylvia" (CC)		Intervention "Danielle" (CC)		Obsessed
	628	584	62 SPKE	Today You Die (2005, Action) Steven Seagal, Treach. (CC)				CSI: Crime Scene Invstgtn.		Spike's Most Amazing Videos		Disorderly
	521	560	64 TLC	Cake Boss (N)	Cake Boss	Dancing Tweens (CC)		Little Parents, Big Pregnancy		Cake Boss	Cake Boss	18 Kids-Count
	616	522	63 SHO	The Outer Limits (CC)		Cashing In	Kink in Hair	Love Sick: Secrets of a Sex Addict (2008) Sally Pressman.				House (CC)
	620	523	70 BVO	Raising Valhalla (CC)		Law & Order "Strike" (CC)		Without a Trace "Penitence"		Brand Upon the Brain (2006) David Armo. (CC)		
	601	562	41 SLC	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	American Loggers (N) (CC)		Daily Planet (CC)		MythBusters "Lead Balloon"		American Loggers (CC)		Dirty Jobs
	522	506	44 HIS	NCIS "Suspicion" (CC)		Tank Overhaul (CC)		Finding the Fallen (CC)		NCIS "Suspicion" (CC)		Nuclear
	627	528	65 SPC	(6:00) Solar Attack (2006) (CC)		Stargate SG-1 "Moebius"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	67 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex and-City	Sex and-City	Sister Act ★★ (1992) (PA) Whoopi Goldberg. (CC)			
	619	525	68 TROP	Once a Thief (CC)		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
	603	561	69 FN	At the Table	At the Table	Restaurant Makeover (CC)		Unwrapped	Unwrapped	Food	Glutton	Food
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jamie Foxx Unleashed: Lost		Daily Show
	320	621	30 CEN	(6:15) Righteous Kill ★★ (CC)		Durham County (N) (CC)		Nurse Jackie	Californication	Dexter Sincere proposal.		Durham
	581	566	101 MTV	16 and Pregnant "Maci" (N)		MTV Live	After	The Real World "Cancun"		16 and Pregnant "Maci"		MTV Live
	261	394	102 V	Secret Files of the Inquisition		Poltergeist: The Legacy		Cocoon: The Return ★★ (1988, Fantasy) Don Ameche, Wilford Brimley.				
	-	-	103 MUL	Banquet	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics'corner

Rules of Engagement

Admit it, you've done it: accepted an invitation and then tried to wiggle out of it when something better came up. Jeff and Audrey (Patrick Warburton, Megyn Price) lie to get out of going to a party that Jennifer and Adam (Bianca Kajlich, Oliver Hudson) are hosting after they get invited to a party they think will be much cooler. At that same party, Russell (David Spade) ticks off former NFL wide receiver Jerry Rice (guest starring as himself). 8:30 PM on CBS JOY

The Bachelorette

Jillian Harris, the 29-year-old Vancouver-based beauty who had her romantic dreams crushed when Jason Mesnick passed her over in the last season of "The Bachelor," doesn't have to worry about history repeating itself: She's the one making her choice for her ideal romantic mate as the hit reality series closes out its latest season. 8 PM on ABC CITY

Kutcher says Barton's fine

Despite Mischa Barton's week-long stay at a L.A. hospital psychiatric ward, Ashton Kutcher claims the actress is "doing great" and is headed to New York to work on her new show, The Beautiful Life, which Kutcher is producing. METRO WORLD NEWS

Celebrity Buzz

Usher's ex no gold digger

IN HER DEFENCE Usher's estranged wife isn't a gold digger, insists her friend, femalefirst.co.uk reports.

Tameka Foster — who has two children, 19-month-old Usher V and eight-month-old Naviyd Ely, with the musician — is tired of rumours suggesting the makeup artist only married Usher to get her hands on his fortune.

Nyeisha Dewitt, Tameka's best pal, said: "To say that she's a gold digger … that's just not the case.

"People say that she just had a baby so that she could get paid. Why can't you just be a regular person who has a wonderful job, a great career, who's well respected for the work that they do, and be happy with that and then just fall in love with someone? Then you turn into a gold digger? How does that happen?"

Usher filed for divorce from his wife of two years in June, claiming they had been living apart for almost a year.

He has also filed for joint custody of Raymond and Naviyd.

METRO NEWS SERVICES

Vanessa settles into new home

GROWING UP Vanessa Hudgens appreciates a clean house after becoming a homeowner, femalefirst.co.uk reports.

The actress recently moved into a six-bedroom, $2.75-million US mansion and is beginning to realize how difficult she made life for her mother.

She said: "There is a struggle to keep the place clean. I'm always in my kitchen scrubbing down the counters and doing the dishes. I understand how my mom feels now."

The 20-year-old adds: "I feel completely safe in my house but all my friends are scared for me. And of course I can tell my parents panic a little.

"The best thing about living alone is being able to have my friends come over whenever."

METRO NEWS SERVICES

Grieving John having crisis of faith?

FALLOUT Friends of John Travolta are concerned for the reclusive star's health. The actor has been taking midnight drives in a golf cart alone across his Jumbolair estate in Florida, femalefirst.co.uk reports.

He is said to be unable to sleep, grief-stricken over the recent death of his teenaged son, Jett.

The late-night drives are a regular occurrence, according to one local resident.

A neighbour said: "We often see John driving himself around at night. It's sad to see. You rarely catch sight of him during the day. We used to see him driving around on a buggy with his son. Now it's just John by himself."

Jett died after suffering a seizure while on a family holiday in the Bahamas in January.

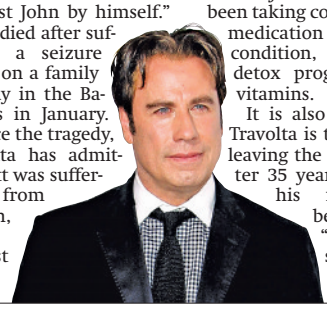
Since the tragedy, Travolta has admitted Jett was suffering from autism, going against Scientology, which does not acknowledge autism as a medical condition.

After his death, it was claimed Jett may not have been taking conventional medication for the condition, but rather detox programs and vitamins.

It is also rumoured Travolta is thinking of leaving the religion after 35 years, because his faith has been so "deeply shaken" by his son's death.

If the star — who has donated millions of dollars to the religion — does leave, the church is likely to react badly, according to Rick Ross, an author and lecturer on Scientology.

"(The church) has proven in the past that it has a penchant for releasing that information to embarrass people who have left and who have said things it doesn't like. That's why I think Travolta will want to keep his problems with the Church private." METRO NEWS SERVICES



Kate coming to terms with split

BIG STEP As her estranged husband Jon Gosselin gallivants around New York City and the Hamptons with other women, Kate Gosselin has taken a more subtle step toward a new life: She's removed her wedding band, people.com reports.

The reality star was photographed Friday for the first time without her ring during a coffee run near her Pennsylvania home.

Just last month, removing the ring seemed like a symbolic gesture that she was not yet ready to make. "I haven't taken off my ring," she told People at the time. "It would devastate my kids. It's not necessary. I was looking at it while I was in the shower this morning, and I thought, I'm not taking it off. I'm not ready."

Ready or not, Jon has made it clear he's prepared to move ahead into single life after a decade of marriage. He went to Saint-Tropez with his new 22-year-old girlfriend, Hailey Glassman, rented a bachelor pad in Manhattan, and then holed up at Michael Lohan's house in Long Island with a tabloid reporter. METRO NEWS SERVICES

Ex-vegan Paltrow cooks a chicken

CHANGE OF HEART Gwyneth Paltrow, a previously devout vegan — who claimed last year that she hadn't eaten meat in 15 years — posted a cooking video recently to her website, Goop, in which she prepares roast chicken. In it, she passes on her grandmother's tips before deboning the bird on camera.

METRO WORLD NEWS

GETTY IMAGES

LeAnn's marriage over?

BREAKUP LeAnn Rimes opened up about relationships gone wrong during her performance at the Deer Valley Music Festival in Utah Saturday night, usmagazine.com reports.

"It is inevitable that sometimes in a relationship, you will have your heart broken," said the singer, who is separated from her husband of seven years, Dean Sheremet.

"Sometimes you don't do anything, but sometimes you want revenge. Sometimes you don't, and that's when you just leave it in God's hands."

Rimes, 26, was not wearing her wedding ring on stage.

On Saturday, a source told Us that Rimes and Sheremet are "leading separate lives … but still in each other's lives as best friends. They are not divorcing yet, but working though things and taking time apart … while they figure things out."

METRO NEWS SERVICES

Lindsay eyes sweet venture

PROSPECT Lindsay Lohan wants to design her own range of candies, femalefirst.co.uk reports.

The actress wants to team up with Sugar Factory, a firm that manufactures "couture lollipops," for a range of confectionary.

A source said: "Lindsay wants to either be the face for a new line of advertisements or design her own range."

The 23-year-old star — who has completed three stints in rehab — has been regularly pictured sucking on lollipops recently, and a source says she uses them to stop from returning to her vices.

She currently has her own range of leggings, called 6126, and released her own brand of fake tan Sevin Nyne earlier this year.

She has also modelled for several fashion houses, including Fornarina, and has her own production company called Unforgettable Productions.

METRO NEWS SERVICES

YOU COULD WIN

IN THEATRES AUGUST 14

a double pass to see an advance screening of

WALT DISNEY PICTURES PRESENTS
A STUDIO GHIBLI FILM
PONYO

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 31, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

metro

5000 Years of Elegance

Impression China $2,380 plus taxes
9 Days from

• Terracotta Warriors • The Great Wall
• Forbidden City • Hanyangling
Including: airfare from Vancouver, most meals, 5-star standard hotels, guaranteed departure, English-speaking guide. No factory shopping!

LION TRAVEL
The True Asia Travel Expert!

Call 1-877-723-2566 BPCPA #25259
Visit www.lionholidays.com for more ASIA Vacations!

Learn. Experience. Succeed!

Daytime TEFL and Stand Alone Practicums
Save 10% this August!
TEFL Distance Education Available Online

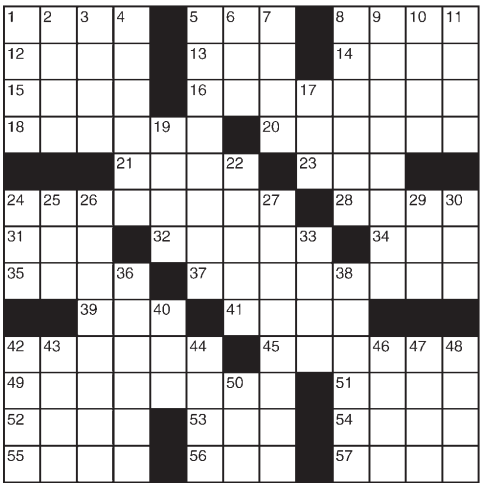
Archer EDUCATION GROUP
TESL CANADA

Main Floor - 788 Beatty Street, Vancouver, B.C.
604-608-0538 • vancouveresl@archereducation.com

The Weather Network 20 YEARS
©The Weather Network theYear
Today Sunny 28°/ 19°
Tuesday Sunny 28° / 19°
Wednesday Sunny 27°/ 19°
PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4						6	1	
2				7	5		8	
	1							
			5		3	9		
	7	3	8		1	4	2	
		5	7		9			
							3	
	3		6	8				1
	8	4						2

ACROSS

1 Graceful bird
5 Crafty
8 Being (Latin)
12 Honolulu's home
13 Nay canceler
14 Author Bellow
15 United nations
16 Certain lenses
18 First U.S. space station
20 Chopping spree?
21 Cupid's alias
23 Scepter
24 Manicurist's concerns
28 Had on
31 Simile center
32 Ravi Shankar's instrument
34 Charged particle
35 Dull sound of impact
37 Office work areas
39 — Aviv
41 Mexican money
42 Headache aid
45 "The Colbert —"
49 Handcuffs
51 Entreaty
52 Tarzan's clique
53 Eggs
54 Verve
55 Protuberance
56 Kitten's comment
57 St. Louis team

DOWN

1 Weeps loudly
2 Stroll
3 "Hi, sailor!"
4 Cell centers
5 Representative
6 Cancer, —, Virgo
7 Tug
8 Money set aside
9 Dressing ingredient
10 Fat
11 Otherwise
17 Rowing need
19 Curved lines
22 Arrangement
24 Garfield or Heathcliff
25 Show to a seat, slangily
26 Got rid of slack
27 Workshop cutter
29 Caviar base
30 Em halves
33 Obey reveille
36 Lower in status
38 Kettle material
40 Varnish ingredient
42 "— Old Cowhand"
43 Mafia boss
44 Grab (onto)
46 Earthenware pot
47 500 sheets of paper
48 Catches some rays
50 Previous night

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	M	C		P	A	W	N		C	U	R	L		
B	I	O		E	C	H	O		E	S	P	Y		
U	N	D	E	R	T	O	W		L	A	M	E		
T	H	E	R	M	O		I	R	E					
			A	I	R		S	U	B	W	A	Y		
B	L	A	S	T		F	E	E		O	R	E		
R	O	V	E		S	I	R		R	O	L	L		
A	G	O		M	A	X		A	E	S	O	P		
D	O	W	N	O	N		M	R	S					
			A	D	D		A	G	E	O	L	D		
O	B	I	T		B	E	L	O	W	P	A	R		
P	A	C	T		O	A	T	S		A	V	E		
T	R	E	Y		X	R	A	Y		L	A	W		

3	9	5	4	6	1	8	2	7
4	2	8	9	7	3	6	5	1
7	6	1	2	5	8	9	4	3
5	4	7	1	8	2	3	6	9
2	1	9	6	3	5	7	8	4
6	8	3	7	9	4	2	1	5
8	5	4	3	2	7	1	9	6
1	7	6	8	4	9	5	3	2
9	3	2	5	1	6	4	7	8

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca

Metro Recipe of the Day

Four Seasons Pizza

INGREDIENTS:

PIZZA DOUGH

2 1/2 cups (625 ml) white bread or plain flour
7 g sachet dried yeast
1/4 tsp (1 ml) salt
2 tbsp (25 ml) olive oil
Between 1/4 and 1 cup (about 200 ml) tepid water

TOPPINGS

5 oz (150 g) baby leeks, trimmed and sliced
4 oz (125 g) mushrooms, sliced
1 tbsp (15 ml) white wine vinegar
4 large grilled red pepper pieces, drained and thickly sliced
2/3 cup (150 ml) canned artichoke hearts, drained and quartered
1 garlic clove, finely chopped
2/3 cup (150 ml) tomato paste
1 tbsp (15 ml) tapenade
1 oz (50 g) prosciutto, thinly sliced
1/4 cup (50 ml) pitted black olives, sliced
1/2 cup (125 ml) semi-dried tomatoes, chopped
1/2 cup (125 ml) grated mozzarella cheese
A few fresh sprigs of oregano

METHOD:

1. Mix flour, yeast and salt in large bowl. Make well in centre and stir in olive oil with enough tepid water to make smooth dough. Turn dough out onto lightly floured surface and knead five minutes until smooth and elastic. Place dough back in rinsed-out and lightly oiled bowl, then cover with damp dishcloth or oiled plastic wrap and leave in warm place for 1 hour or until doubled in size.
2. Meanwhile, preheat oven to 400°F (200°C) and prepare toppings. Put leeks in pot with mushrooms and vinegar, cover and cook on high heat 3–4 minutes, shaking pot occasionally, until softened. Mix peppers with artichokes. Mix garlic into tomato paste.
3. Turn out risen dough onto lightly floured surface and knock back, knead lightly, then roll out or press out with knuckles to about 12in. (30–32 cm) round on lightly greased baking tray.
4. Spread tomato paste mixture evenly over pizza base, then pile leeks and mushrooms over one-quarter of dough and peppers and artichokes over second quarter. Over third quarter, dot tapenade and scrunch prosciutto on top. Spread olives and tomatoes over last quarter. Sprinkle cheese over whole pizza.
5. Bake pizza 30 minutes until golden around edges and lightly browned on top. Scatter some sprigs of oregano over pizza, cut into slices and serve piping hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
No matter how many serious things may be going on in your life at the moment you are determined to go out and have a good time.

TAURUS ♉
APRIL 21-MAY 21
You may be in the middle of a winning streak but don't take your good fortune for granted.

GEMINI ♊
MAY 22-JUNE 21
You will feel good about yourself today, but one thing you won't feel is the desire to do anything strenuous, so don't overdo it.

CANCER ♋
JUNE 22-JULY 22
You like to ponder the big questions of life but today you must put them to the back of your mind and focus on more practical issues.

LEO ♌
JULY 23-AUG 23
The Sun in your sign will make it easy to believe that all things are possible — as indeed they are — but don't get carried away.

VIRGO ♍
AUG 24-SEPT 22
You'll find it easy to get your own way today: Other people seem mesmerized by your glamour and will do whatever it takes to please you.

LIBRA ♎
SEPT 23-OCT 23
The more you look at the world around you the more you will realize there is a pattern to your existence.

SCORPIO ♏
OCT 24-NOV 22
It's not like you to be so free and easy with your cash but you seem determined to lavish gifts on everyone.

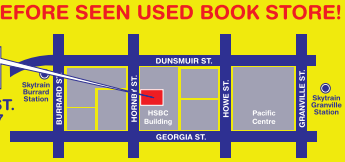
SAGITTARIUS ♐
NOV 23-DEC 21
Reach out and touch someone special today. Let them know that your feelings for them are as strong as ever.

CAPRICORN ♑
DEC 22-JAN 20
You may be desperate to make a good impression on people who can help you career-wise, but don't run yourself into the ground.

AQUARIUS ♒
JAN 21-FEB 18
Venus, planet of affection, makes a perfect angle to Jupiter in your birth sign today, so you will be lucky in love and lucky with money.

PISCES ♓
FEB 19-MARCH 20
You've had a lot on your plate in recent weeks and may have been too busy to spend much time with your nearest and dearest.

metro is available at your neighbourhood Blenz.
Read, relax and enjoy!
BLENZ COFFEE

BOOK-OFF VANCOUVER STORE SELL & BUY
BOOKS • CDs • DVDs • VIDEO GAMES
A NEVER BEFORE SEEN USED BOOK STORE!
BOOK-OFF VANCOUVER STORE
636 HORNBY ST.
604-605-8887


WE MAY NOT BUY CERTAIN BOOKS.
ALL OUR ITEMS ARE CLEAN AND IN GOOD CONDITION!
OPEN 7 DAYS A WEEK, INCLUDING HOLIDAYS • 10am - 8pm

FLIGHT CENTRE Unbeatable
LONDON
FROM $767
+ taxes & fees $457
INCLUDES roundtrip airfare, transfers and 7 nights 3-star central accom with breakfast daily.
BONUS essential London half-day excursion included.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #H02790

iPhone 3G

At $99*, now every pocket can have one.

iPhone 3G 8GB

ONLY ON CANADA'S FASTEST NETWORK

3X FASTER THAN ANY OTHER†

ROGERS™

1.888.ROGERS1 – ROGERS.COM – VISIT A STORE

*Promotional price available on 3-year Voice and 3-year Data activations. Early cancellation fees apply. †Speed performance claims based on comparing download speed of Rogers 3.5G HSPA network and competitors' 1xEvdo networks within Rogers HSPA coverage area. Speed may vary depending on the handset, topography and environmental conditions, network congestion and other factors. HSPA network not available in all areas. See rogers.com/fastest for coverage details. Apple, the Apple logo and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.
™Rogers & the Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2009 Rogers Wireless.